

Make The Rest Of Your Life The Best Of Your Life

Physical Activity for a Healthy Weight



Key Topics Covered In This Presentation

- ★ Why is physical activity important?
- ★ How much physical activity do I need?
- ★ How many calories are used in typical activities?
- ★ How do I know if I'm doing it right?
- ★ How do I stay motivated?



Part 1: Why Is Physical Activity Important?



Why Is Physical Activity Important?

- ★ Regular physical activity is important for good health, and it's especially important if you're trying to lose weight or to maintain a healthy weight.
- ★ Plus, evidence shows the only way to maintain weight loss is to be engaged in regular physical activity.
- ★ Physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone



Exercise: The Magic Bullet

Physical activity helps to—

- ★ Maintain weight.
- ★ Reduce high blood pressure.
- ★ Reduce risk for type 2 diabetes, heart attack, stroke, and several forms of cancer.
- ★ Reduce arthritis pain and associated disability.
- ★ Reduce risk for osteoporosis and falls.
- ★ Reduce symptoms of depression and anxiety.



Part 2: How Much Physical Activity Do I Need?



How Much Physical Activity Do I Need?

★ To maintain weight:

Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week.

★ To lose weight and keep it off:

You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking.



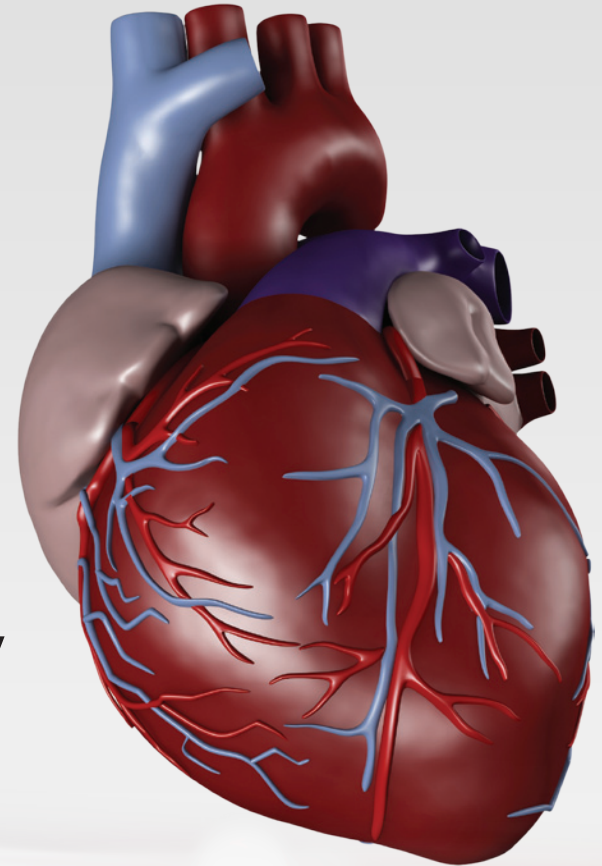
What Do Moderate- and Vigorous-Intensity Mean?

★ **Moderate:**

While performing the physical activity, if your breathing and heart rate is noticeably faster but you can still carry on a conversation—it's probably moderately intense.

★ **Vigorous:**

Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation, it's probably vigorously intense.



Examples of Moderate Exercise

- ★ Walking briskly (a 15-minute mile).
- ★ Light yard work (raking/bagging leaves or using a lawn mower).
- ★ Light snow shoveling.
- ★ Actively playing with children.
- ★ Biking at a casual pace.



Examples of Vigorous Exercise

- ★ Jogging/running
- ★ Swimming laps
- ★ Rollerblading/inline skating at a brisk pace
- ★ Cross-country skiing
- ★ Most competitive sports (football, basketball, or soccer)
- ★ Jumping rope



Part 3: How Many Calories Are Used In Moderate Activities?



How Many Calories Are Used In Moderate Activities?

Activity	30 min	1 hr
Hiking	185	370
Light gardening/yard work	165	330
Dancing	165	330
Golf (walking and carrying clubs)	165	330
Bicycling (<10 mph)	145	290
Walking (3.5 mph)	140	280
Weight lifting (general light workout)	110	220
Stretching	90	180

**For a 154 lb Person Approximate Calories/Hr for a 154 lb Person¹*



How Many Calories Are Used In Vigorous Activities?

Activity	30 min	1 hr
Running/jogging (5 mph)	295	590
Bicycling (>10 mph)	295	590
Swimming (slow freestyle laps)	255	510
Aerobics	240	480
Walking (4.5 mph)	230	460
Heavy yard work (chopping wood)	220	440
Weight lifting (vigorous effort)	220	440
Basketball (vigorous)	220	440

**Calories burned per hour will be higher for persons who weigh more than 154 lbs (70 kg) and lower for persons who weigh less.*



What Precautions Should I Take Before Becoming More Active?

See your health care provider before beginning if you have concerns like:

- ★ A heart condition
- ★ Arthritis
- ★ Diabetes
- ★ High blood pressure



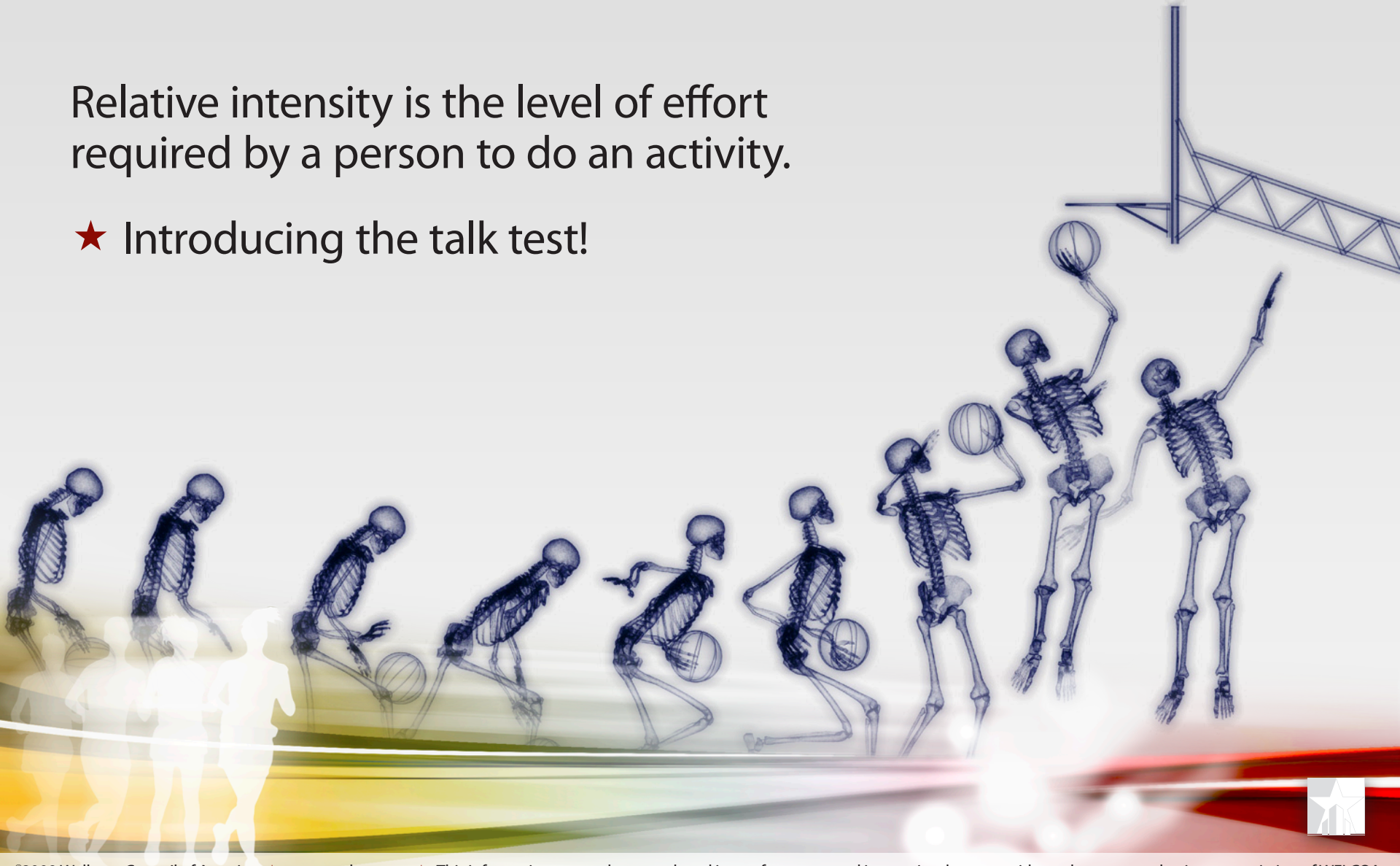
Part 4: How Do I Know If I'm Doing It Right?



Measuring Physical Activity Intensity

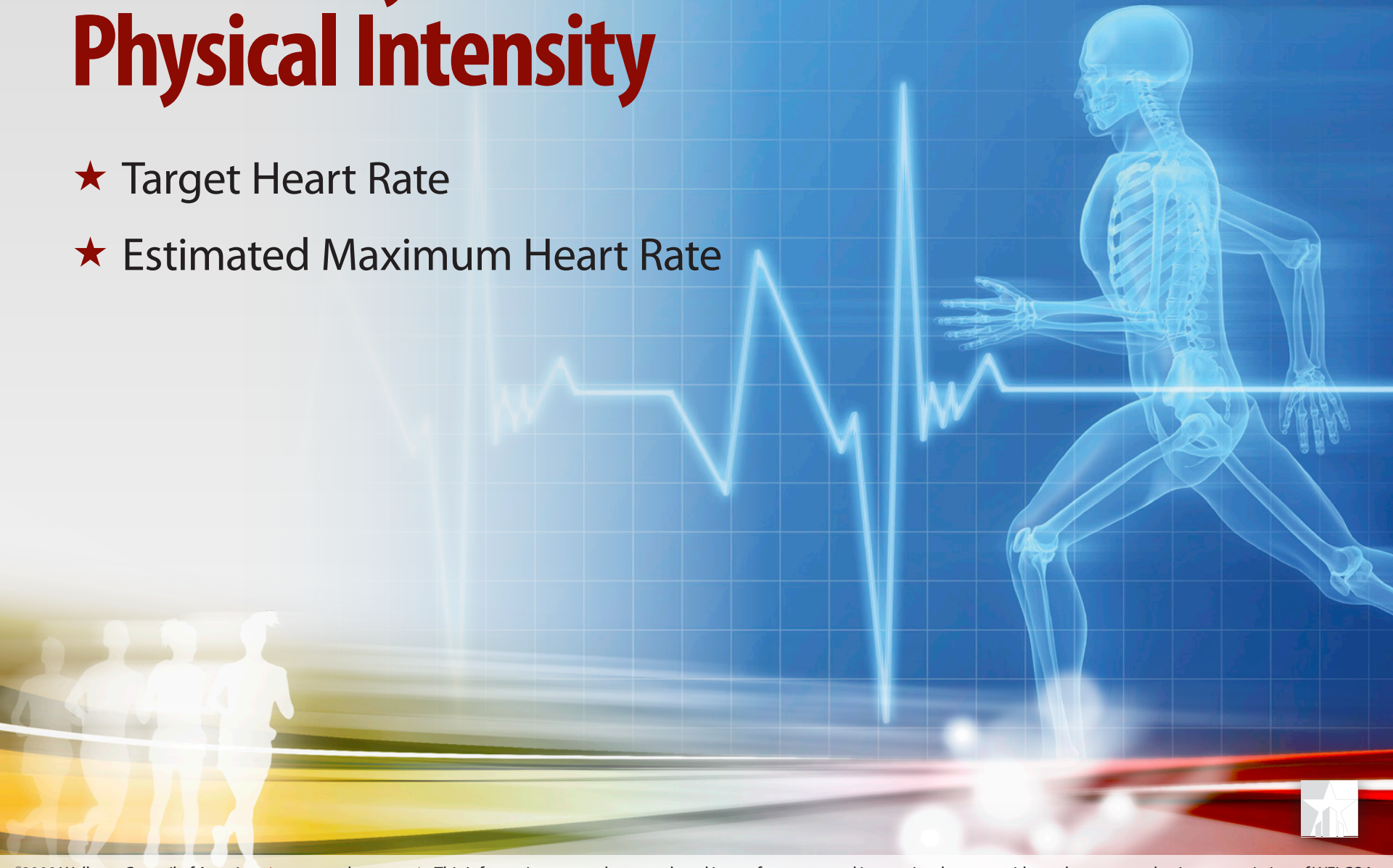
Relative intensity is the level of effort required by a person to do an activity.

★ Introducing the talk test!



Other Ways To Estimate Physical Intensity

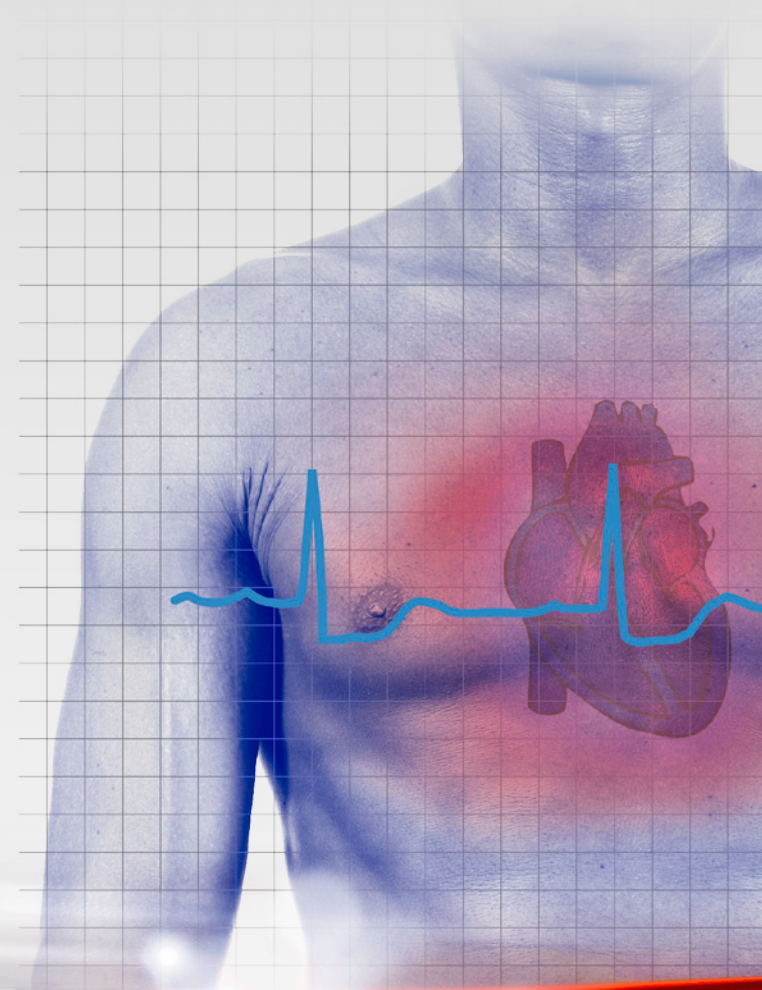
- ★ Target Heart Rate
- ★ Estimated Maximum Heart Rate



Estimating Your Target Heart Rate For Moderate Exercise

For moderate-intensity physical activity, your target heart rate should be 50 to 70% of your maximum heart rate.

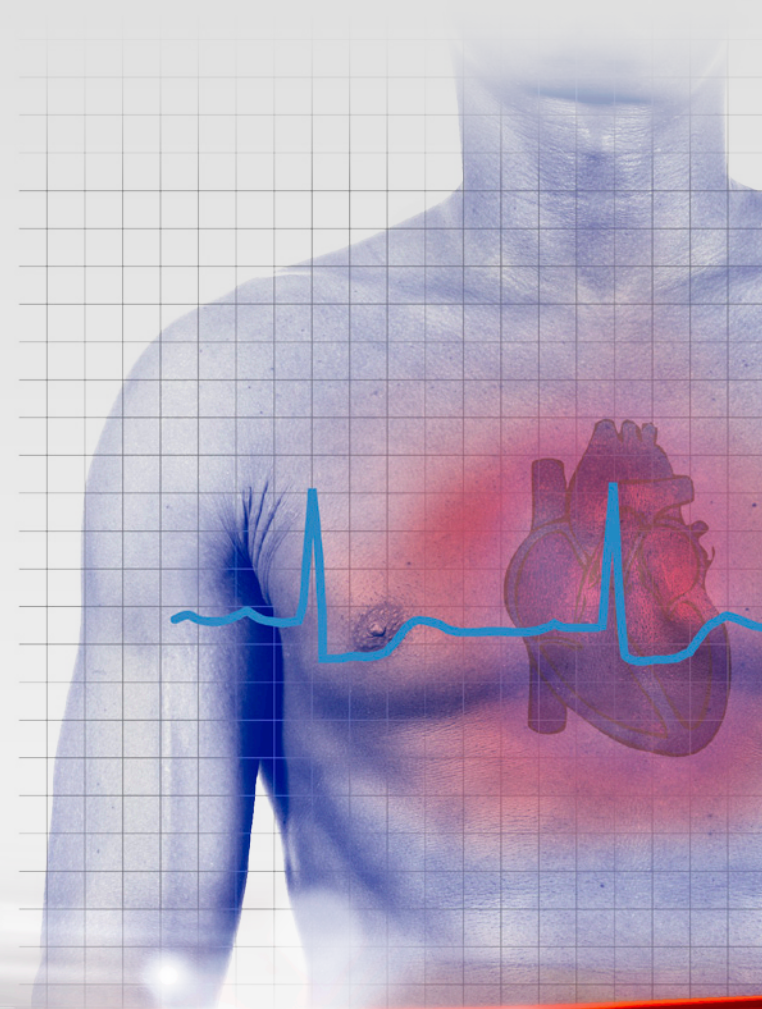
- ★ $220 - \text{your age} \times .50 = 50\% \text{ max. heart rate}$
- ★ $220 - \text{your age} \times .70 = 70\% \text{ max. heart rate}$



Estimating Your Target Heart Rate For Vigorous Exercise

For vigorous-intensity physical activity, your target heart rate should be 70 to 85% of your maximum heart rate.

- ★ $220 - \text{your age} \times .70 = 70\% \text{ max. heart rate}$
- ★ $220 - \text{your age} \times .85 = 85\% \text{ max. heart rate}$



Taking Your Heart Rate

- ★ Use the neck, wrist, or chest.
- ★ Place the tips of your index and middle fingers over the area and press lightly.
- ★ Take a 30 second count and multiply by 2.



Part 5: How Do I Stay Motivated?



Get Motivated!

- ★ Look for opportunities to reduce sedentary time
- ★ Set aside specific times for physical activity in your schedule
- ★ Start with activities, locations, and times you enjoy
- ★ Exercise with friends or family
- ★ Start slowly and work your way up
- ★ Break up your exercise time into smaller increments
- ★ Begin with walking



Overcoming Obstacles To Physical Activity

- ★ I just don't have time to be physically active.
- ★ I don't have anyone to go with me.
- ★ I'm so tired when I get home from work.
- ★ I have too much on my "to do" list already.
- ★ I don't want to hurt myself.



Physical Activity Is Good For Everybody

- ★ Start slowly.
- ★ See your doctor first if you have a chronic condition.
- ★ Have fun.

